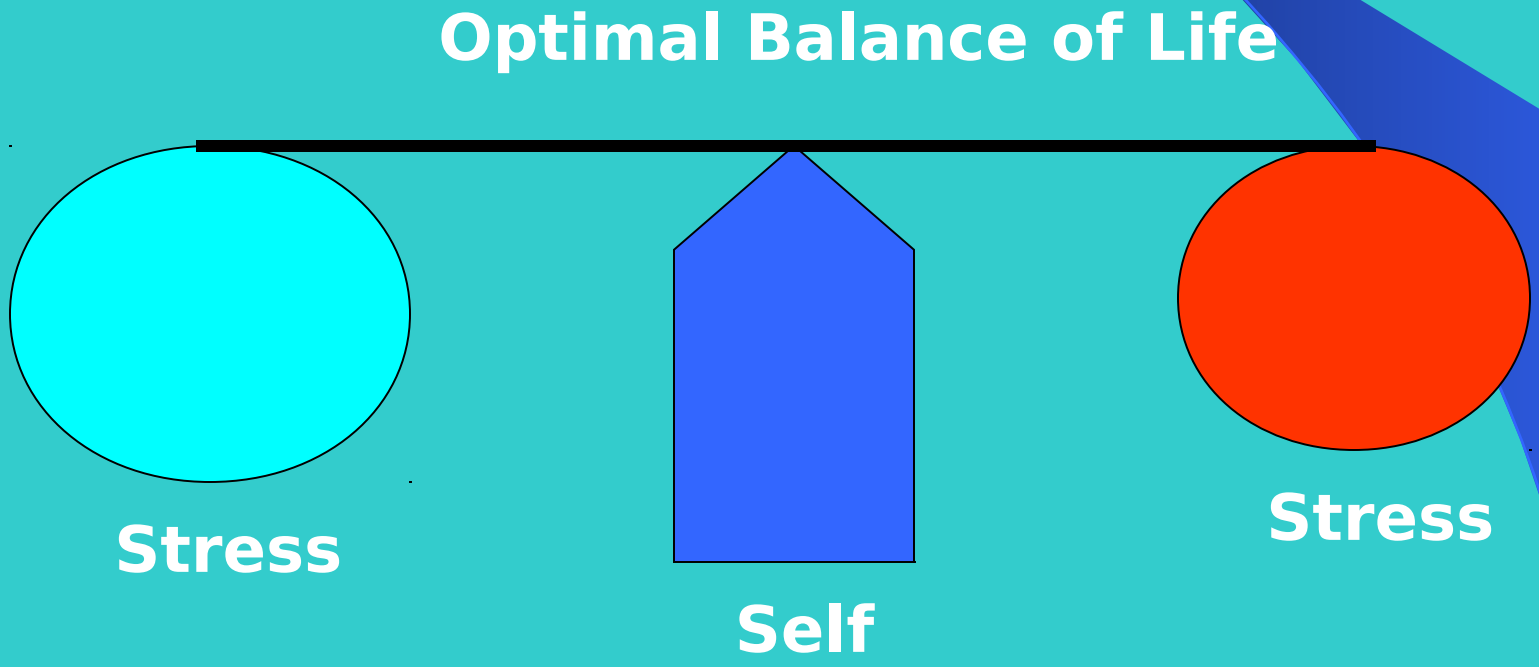
COPING WITH STRESS

Chaplain Al Lowe
Deputy COSCOM Command Chaplain

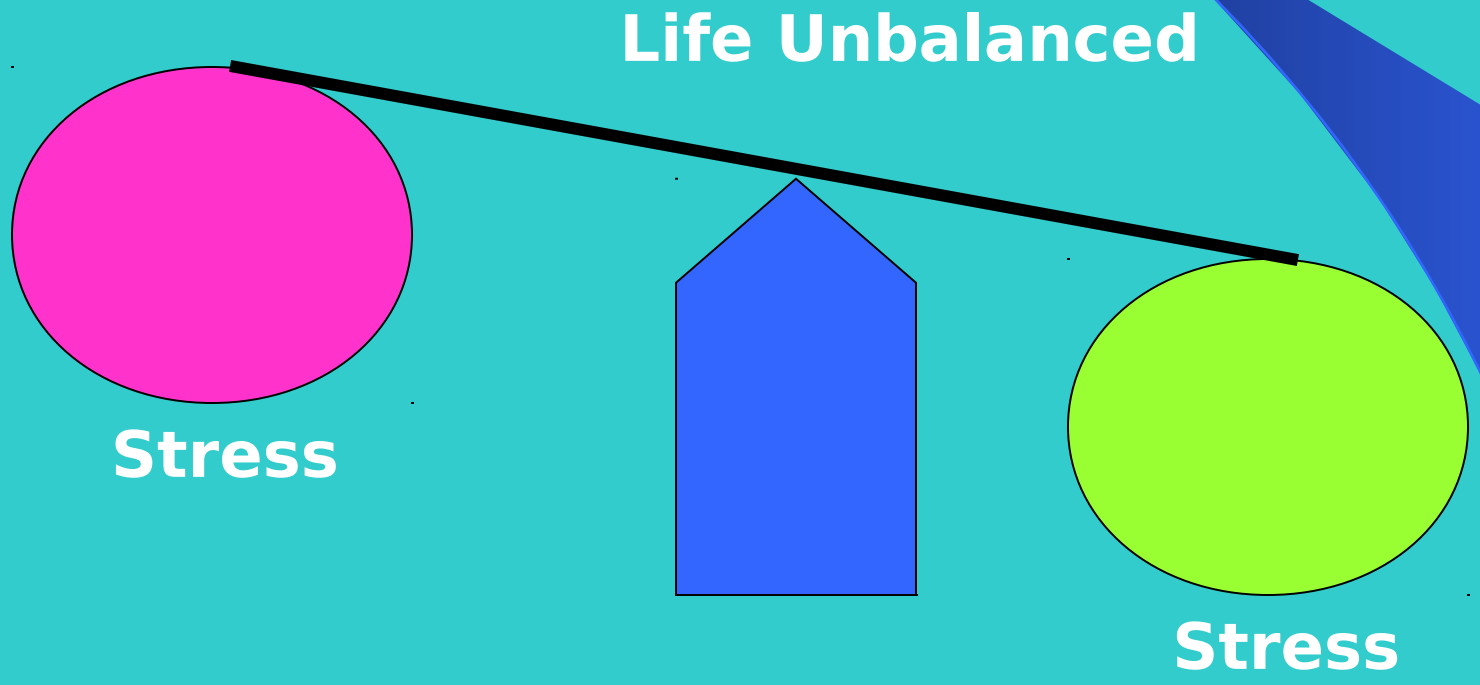
COPING WITH STRESS

- **Stress Is:**
  - **Natural**
  - **Expected/Necessary**
  - **Helpful/Harmful**
- **Stress Is Not:**
  - **Unmanageable**
  - **Unending**
  - **Unreliable**

COPING WITH STRESS



COPING WITH STRESS



COPING WITH STRESS

- **Cause of Imbalance**
  - **Anger**
  - **Mistrust**
  - **Deception**
  - **Change**
  - **Confusion**
  - **Ignorance**
- **Cure of Imbalance**
  - **Identify threat**
  - **Communication**
  - **Truth**
  - **Change**
  - **Understanding**
  - **Wisdom**

COPING WITH STRESS

- **While you were gone:**
  - **All of the balances became unbalanced**
  - **True for you – true for rear-detachment**
  - **Stresses experienced there are re-experienced here**
    - **In 180º Opposite experience**
    - **Again, you/rear-detachment**

COPING WITH STRESS

- **Recommendations:**
  - **Slow down**
  - **Think before act/talk**
  - **Consider other's involved**
  - **Realize truth of situation**
  - **Help to balance the life**

Take a Break!

15 Minutes while I prepare for the Next session.